



Dear Fellow State Employees:

National Employee Health & Fitness Day is May 17!

To learn more, visit the WOW website at

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html, or go to <http://www.michigan.gov/mdcs> and click on Employee Benefits, then Employee Health and Wellness.

May is also the month for numerous other health observances including: Arthritis Awareness, Better Sleep, Biking, Correct Posture, Healthy Vision, Hepatitis Awareness, High BP Education, Melanoma/Skin Cancer Detection, Osteoporosis, Physical Fitness & Sports, Sight-Saving, Stroke Awareness, Skin Cancer Awareness, Women's Health Week.

Look for UPDATED INFORMATION on: FITNESS, NUTRITION, MEN'S HEALTH, WOMEN'S HEALTH, THE WOW CONTEST, WOW NEWS and DISCOUNTS. There are new Pedometer Discounts in West Michigan this year. In addition, there is a May 1 through August 1 CURVES FOR WOMEN offer, and new fitness club discount offers in L'Anse, Escanaba, Berkley, Plymouth/Canton, Troy, Marshall, and Lansing.

Thanks to all WOW contest participants. Check the June WOW News page to learn who won the May Contest. Please continue entering if you have never been selected a winner.

Reminder: WOW website content and the WOW contest are updated monthly, so visit our pages each month.

Working On Wellness
The WOW Team
Employee Health & Wellness